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40-Yard Sprint

Line Sprints

Agility

Purpose

Develop agility and conditioning

Procedure

- Start in a two-point stance on the starting line.
- Sprint 5 yards (4.6 meters) to the first line, touch the line with your right hand, return to the starting line, and touch it with your left hand.
- Sprint 10 yards (9 meters) to the second line, touch the line with your right hand, return to the starting line, and touch it with your left hand.
- Sprint 5 yards (4.6 meters) to the first line, touch the line with your right hand, and return to the starting line.

Complex Variations

- Combine biomotor skills during each leg of the drill.
- Start the drill from various positions (for example, lying, sitting, and so on).
- Add tumbling to each turn.

